
Keep left on cycle paths and pavements

The most important thing is to try not to run in the middle when you're sharing the space with other people, as this makes it confusing for everyone you come across. Even if the path seems empty, it's best to **stick to the left** side just to be sure, especially if you're running with headphones on or tend to zone out when you're on the move.

Take care when crossing roads - use a crossing if available

Again, hopefully, you should be already doing this in your day-to-day life, however, it's easy to become lost in the moment when you're out on a run and your main focus is powering forward.

All our routes have been chosen to minimise road crossings. When crossing a main thoroughfare our routes try to utilise pedestrian crossings where possible.

Make sure to look both ways at crossings or junctions, whether it be on a road, pavement, or a junction between paths (whilst a collision between two runners probably won't be fatal, it's far from ideal...)

If you are running in a group — **cross as a group!**

Be nice!

Whilst perhaps less of a running rule, and more of general courtesy, it's nice to give a nod of recognition to fellow runners who you pass, as well as pedestrians. Above all else, don't leave someone in the dark and ignore them if they nod or smile at you!

Give people a warning before overtaking them (on the right)

If you find yourself coming up behind someone, give them a bit of warning before you come past. This is particularly relevant in a situation where you're approaching someone who is listening to music or perhaps is elderly and not quite as aware of their surroundings. You don't want to come hurtling past and send them spinning.

A good practice is to say 'on your RIGHT' if you're passing someone. This way, other runners who hear you approaching will know which side you're coming on, and you avoid any awkward *'this way/that way'* stepping from side to side or making someone jump.

Don't pass someone if there isn't enough room - be patient!

This one should be obvious, but **don't try to pass someone if there isn't enough room!** On a narrow trail, it can be easy to trip. **As per the previous rule, this can be further avoided by warning someone if you're approaching, and you'll often find they'll open up a bit of space to let you pass.**

Look around before suddenly changing direction or stopping

If you do decide to listen to music or just become lost in your thoughts, try to **avoid quick sudden movements across the path or suddenly stopping**, especially if it's a trail or walkway that's shared with cyclists!

Be spatially aware when running with a partner/group

It's easy to be lost in conversation if you're running with a partner, however, **make sure you're aware of your surroundings and not blocking the trail or path for others behind you.**

Similarly, if you're running towards someone side by side and the trail isn't wide, then run single file whilst you pass so no one ends up in the bushes!

Don't leave your running partner(s) in the dust!

Running with a partner isn't an excuse to show off! **Make sure you're aware of their progress and that they're not struggling to keep up.**

Avoid wearing headphones

Listening to music or podcasts can be a great way to keep running enjoyable and can actually help improve your performance in some situations. However, by making sure to keep your headphones at a reasonable volume, you can **stay aware of your surroundings.**

Ensure you are counted out AND in

If you are not returning to the finish point please inform the organiser or someone within your group. **If you are running with a "newbie" make sure they are not left behind!**

Risk & Responsibility

You run at your own risk. Running is a physical activity that involves certain risks and challenges, such as injuries, accidents, weather conditions, and traffic hazards. **You are responsible for your own safety and well-being,** and you should consult your doctor before starting any exercise program.

Liability

When you run with us, you release the club from any liability. Our club is run by volunteers who do their best to provide you with a positive and enjoyable experience. However, they are not liable for any loss, damage, injury, or death that may occur as a result of your participation in the club. By joining the club, you agree to waive any claims or legal actions against the club, its volunteers, its sponsors, or its partners.



RUNNING THE RAINBOW SINCE 2013

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